

How-To Find Your Kibbe Body Type

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How To Find Your Kibbe Body Type Instructions

Supplies Needed:

- Pen and paper
- Current photo taken head-to-toe, no filters or angles, wearing underwear or swimsuit
- Older photos of yourself (preferably head-to-toe)

Copy down template before taking quiz:

Skeletal/Body Questions:

Bone structure of the body-

- 1)
- 2)
- 3)
- 4)

Flesh on the body-

- 5)
- 6)
- 7)
- 8)
- 9)

Facial Features:

Facial Bone Structure-

- 10)
- 11)
- 12)

Facial Flesh-

- 13)
- 14)
- 15)

Skeletal/Body Questions:

(Bone structure of the body) Question one: What is my vertical line? (So this is not your actual height, but rather how tall you *look*).

- A. My vertical line: very long. My head is much smaller in proportion to my body.
- B. Pretty long. My head is smaller in proportion to my body.
- C. Moderate. My head is pretty much in proportion to my body.
- D. Short. My head is somewhat bigger in proportion to my body. People may guess that I'm shorter than I actually am.
- E. Very short. My head is more prominent in proportion to the size of my body.

(Bone structure of the body) Question two: How would I describe my shoulders?

- A. Sharp. Noticeably angular.
- B. Broad and wide. Or blunt and squarish.
- C. Moderate, in proportion to my hips.
- D. Rounded, narrow but somewhat sharp.
- E. Very rounded and not very prominent.

(Bone structure of the body) Question three: How long are my arms and legs in proportion to my torso? This might warrant separate answers between your arms and your legs.

- A. My arms and legs are long and narrow, and are much longer in proportion to my torso.
- B. My arms and legs are long and broad, and are longer in proportion to my torso.
- C. My arms and legs are moderate in length, roughly proportionate to my torso.
- D. My arms and legs are slightly short and somewhat narrow in proportion to my torso.
- E. My arms and legs are short and somewhat wide in proportion to my torso.

(Bone structure of the body) Question four: The width and size of my hands and feet in proportion to my body:

- A. Elongated and narrow, somewhat large in proportion to my body
- B. Wide and somewhat large in proportion to my body
- C. Moderately-sized
- D. Small and narrow
- E. Small and wide

(Flesh on the body) Question five: What is the overall shape of my body?

- A. Long and narrow, lean and straight
- B. Broad and somewhat muscular
- C. Balanced and moderate
- D. Small, somewhat narrow
- E. Small and somewhat wide

(Flesh on the body) Question six: My chest/upper torso is:

- A. Flat or straight and does not really change when I gain weight
- B. Somewhat flat but wide, may increase in size with weight or muscle gain
- C. Moderate in proportion to my waist
- D. More prominent than my waist, regardless of weight
- E. Very prominent, regardless of how much weight I lose

(Flesh on the body) Question seven: My waist is:

- A. Straight
- B. Mostly straight unless I put on weight or muscle
- C. Moderate, somewhat tapered in proportion to my shoulders and hips
- D. More narrow than my shoulders and hips
- E. Smaller than my shoulders and hips, but somewhat wide, regardless of weight

(Flesh on the body) Question eight: My hips are:

- A. Straight, regardless of weight
- B. More so straight, unless I gain weight
- C. Moderate, about as wide as my shoulders
- D. Wider than my waist, and may increase with weight
- E. Wide regardless of weight

(Flesh on the body) Question nine: The flesh on my arms and legs are:

- A. Taut and elongated, regardless of weight
- B. Muscular/wide and elongated
- C. Moderate
- D. Soft, fleshy and somewhat short, may increase with weight
- E. Soft, fleshy and short, regardless of weight

Facial Questions:

(Facial bone structure) Question ten: The shape of my jawline is:

- A. Sharp, angular, or squarish
- B. Wide and blunt
- C. Moderate
- D. Tapered
- E. Wide and rounded

(Facial bone structure) Question eleven: I would describe my nose as:

- A. Sharp, angular, long
- B. Wide, blunt, long
- C. Moderate
- D. Narrow, somewhat short
- E. Short and somewhat wide

(Facial bone structure) Question twelve: My cheekbones are:

- A. Prominent, sharp, angular
- B. Prominent, wide, blunt
- C. Moderate
- D. Rounded but narrow
- E. Round

(Facial flesh) Question thirteen: My eyes can be described as:

- A. Straight, narrow and somewhat close together
- B. Straight, narrow and somewhat far apart
- C. Moderately-sized, evenly-spaced
- D. Somewhat round, somewhat close together, possibly upturned
- E. Round and wide

(Facial flesh) Question fourteen: My lips/mouth can be described as:

- A. Straight, thin
- B. Straight, somewhat thin, wide
- C. Moderate

- D. Round and full
- E. Very round and full, plump

(Facial Flesh) Question fifteen: The flesh on my cheekbones tend to be:

- A. Taut, regardless of weight
- B. Taut, but may become fleshy with weight
- C. Moderate, not too fleshy or taut
- D. Fleshy, and may increase with weight
- E. Very full, regardless of weight

Now **count** your results.

RESULTS FOR DRAMATICS:

If you have mostly A answers, you may be a Dramatic. Dramatics look tall and lean and have a straight body type. And can pull off very long articles of clothing.

If you have mostly A answers, but some D/E answers, you may be a soft dramatic. Although you are in the same category as dramatics, you have distinct curves that distinguish you from a true Dramatic. You may find that you have some D/E answers for the questions about body and facial flesh. But no matter what, the bone structure underneath your flesh is still dramatic, and your answers for bone structure questions should be mostly As.

RESULTS FOR NATURALS:

If you have mostly B answers, you may be a Natural. Naturals have broad, blunt bone structure and flesh that may have a tendency towards muscle.

If you have mostly B answers with a few A answers, you may be a Flamboyant Natural. These Naturals have bits of sharpness in their bones and flesh, and may look taller than a true natural.

If you have a lot of B answers with a few D and/or E answers, you may be a Soft Natural. These Naturals have the bone structure of a Natural, but tend to have a shorter vertical line and more fleshiness.

RESULTS FOR CLASSICS:

If you have mostly C answers, you may be a Classic. Classics are a balanced blend of “yin” and “yang” answers, and therefore are often described as “moderate”. Fairly symmetrical bone structure and moderate fleshiness, this body type may be able to get away with many different lines, but will always look best in simple, classic lines.

If you have mostly C answers with a few A answers, you may be a Dramatic Classic. These Classics have some angularity and sharpness in their features, but will overall be symmetrical.

If you have mostly C answers with a few D and/or E answers, you may be a Soft Classic. These Classics have the bone structure of a Classic, but tend to have a shorter vertical line and softer features.

RESULTS FOR ROMANTICS:

If you have mostly E and D answers, you may be a Romantic. Romantics are mostly “yin” answers. Their features are short, soft and wide.

If you have mostly E and D answers, with a few A answers, you may be a Theatrical Romantics. They share the same bone structure as Romantics, but with bits of angularity and sharpness in the bones. Theatrical romantics also have a tendency for fleshiness.

RESULTS FOR GAMINES:

If you have a fairly even mixture of E and A answers, you may be a Gamine. Gamines, unlike Classics, do not have symmetrical, blended features, but rather a random combination of contrasting features.

If you have a mixture of A and E answers with a few B answers, you may be a Flamboyant Gamine. Similar to true Gamines, you have a mixture of features, but may have a slight tendency towards broadness.

If you have a mixture of A and E answers with a few D answers, you may be a Soft Gamine. You may have a mixture of features, but with a tendency towards yin features.

You May Not Look Like them, but you share the same lines!

Famous Dramatics include:

1. Keira Knightley
2. Cate Blanchett
3. Benedict Cumberbatch
4. David Bowie

Famous Soft Dramatics include:

1. Tyra Banks
2. Priyanka Chopra
3. Sofia Vergara
4. Christian Bale

Famous Naturals include:

1. Jennifer Anniston
2. Liv Tyler

Famous Flamboyant Naturals:

1. Julia Roberts
2. Cameron Diaz
3. Cindy Crawford

Famous Soft Naturals:

1. Selena Gomez
2. Aishwarya Rai
3. Brad Pitt

Famous Classics:

1. January Jones
2. Grace Kelly

Famous Dramatic Classics:

1. Zoe Saldana
2. Olivia Wilde
3. Jon Hamm

Famous Soft Classics:

1. Lupita Nyong'o
2. Kirsten Dunst
3. John Slattery

Famous Romantics:

1. Beyoncé Knowles
2. Drew Barrymore
3. Leonardo DiCaprio

Famous Theatrical Romantics:

1. David Kibbe himself!
2. Rihanna
3. Rachel McAdams

Famous Gamines:

1. Ariana Grande
2. Audrey Tautou

Famous Flamboyant Gamines:

1. Tessa Thompson
2. Audrey Hepburn
3. Gwen Stefani

Famous Soft Gamines:

1. Winona Ryder
2. Halle Berry
3. Kristen Bell